Dissolving the Shadow

To rise above the hardships of this world requires a degree of fortitude that some are not capable of. As it requires a degree of introspection, some will find too uncomfortable. The quite sense of unease stemming from an inability to sit with thoughts that evoke turbulent emotions. Unless an individual can find a way to adapt to life's uncertainty. Progress towards a brighter future will remain beyond reach. As wounds of the past prevent an individual from healing. Without an attempt to address the root cause of inner turmoil. The accumulation of unprocessed thoughts and emotional baggage can lead to many forms of unpredictable behaviour. As a crucial aspect of one's being cannot express itself in a healthy way. Regardless of the reason as to why this is the case. The denial of one's inner calling can contribute to a state of mental stagnation.

Repressed aspects of the shadow unexpectedly emerging, with often unpredictable results. The more an individual seeks to suppress intuitive nudges to act upon these impulses. It gradually dissolves the mind's ability to manifest in a constructive way. As mental clarity is compromised by the accumulation of corrosive thoughts. Dysregulation of mood, an unfortunate biproduct of a mind no longer firmly grounded. Yet the internal spiral is not something the mind can't break free of. While it may feel as though it's not possible upon one's first attempt. Recognition of unconscious material preventing one from integrating aspects of the suppressed self. Proves a crucial first step in the right direction. Yet, it's not a process that can be rushed or influenced by external influences. The desire to change must arise naturally within the individual.

As external influences can only manipulate an individual to a certain extent. At some point, the individual will decide whether to act upon intuitive prompts or to consciously deny them. Whether the inclination is strong enough to warrant a response, will vary from one person to the next. So long as the desire to change is genuine, one can take the first step towards a version of oneself that is yet to experience the light of day. A conscious recognition of one's personal shortcomings. Aligned with a genuine desire to dissolve aspects of shadow which keep one stuck in toxic patterns, one has since outgrown. Once an individual openly acknowledges these corrosive traits. The journey towards healing can begin. As the unconscious aspects of the shadow, have now been consciously recognized. Paving a path towards inner healing and self-transformation.